

Health Provider Guidance for Ramadan

February 28 -
March 29
2025



- Ramadan is a fasting period of 29-30 days, some Muslims fast from dawn to sunset
- This means abstaining from all food, drink and oral medications during this fasting period
- Eating, drinking, and medications may be taken between sunset and dawn.
- ASK your patients about their fasting plan

Talk to your patients & make a plan



TIMING ADJUSTMENTS- Medications need to be rescheduled to fit into non-fasting hours

- **1x Daily Meds:** Typically taken at sunset or pre-dawn
- **2x Daily Meds:** One dose at **iftar** (meal at sunset) second dose at **suhoor** (pre-dawn meal)
- **3x Daily Meds:** These regimens may require switching to long-acting formulations or alternatives

CONDITIONS REQUIRING CAREFUL ADJUSTMENT

- **Diabetes:**
 - Risk of hypoglycemia during fasting hours, and hyperglycemia after evening meal
 - Shift to long-acting insulin or reduce doses to prevent nocturnal hypoglycemia
 - Continuous glucose monitoring is recommended
- **Hypertension:**
 - Adjust antihypertensive medication to ensure 24-blood pressure control
 - Diuretics should generally be avoided during fasting hours to prevent dehydration
- **Gastrointestinal Disorders**
 - Acid reducing medications (PPI's, H2 blockers) can be taken before suhoor (pre-dawn meal) or at iftar (sunset meal) to prevent heartburn
- **Epilepsy:**
 - Switch to long-lasting antiepileptic drugs to maintain steady levels during fasting hours
- **Other Chronic Illnesses:** Asthma, kidney disease, gastrointestinal, and anti-psychotics may require individualized plans

Encourage patients with chronic conditions to schedule a medical review before Ramadan

Advise against high-fat, high sugar meals at iftar (sunset) & suhoor (pre-dawn)

Encourage hydration during non-fasting hours to help with medication absorption and efficacy

You can find more resources at Ethnomed.org



UW Medicine
HARBORVIEW
MEDICAL CENTER

 **EthnoMed.org**
social: @EthnoMedUW

 **HealthPoint**